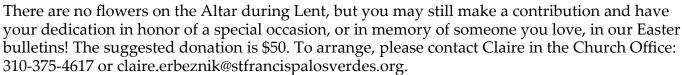
# First Sunday in Lent

February 18, 2024, 10:00 am

Please take a moment to silence your cellphone. Thank you.

Please also note that our services are publicly livestreamed.

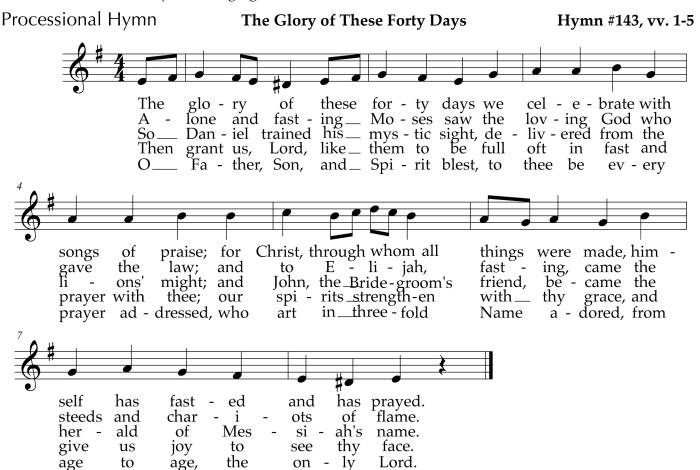


# The Word of God

Prelude Give Me Jesus (Traditional African-American Spiritual)

arr. Moses Hogan

Please stand as able, and join in singing,



Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. Music: "Erhalt uns, Herr," melody from "Geistliche Lieder," 1543; harm. Johann Sebastian Bach (1685-1750).

The Opening Acclamation

Celebrant Blessed be God, ★ Father, Son and Holy Spirit.

People And blessed be God's kingdom, now and for ever. Amen.



The Collect for Purity

Celebrant Almighty God,

All to you all hearts are open, all desires known, and from you no secrets are hid:

Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ

our Lord. Amen.

Please remain standing as able, and join in singing,



Setting: Ver. "The Hymnal 1982," after Alexander Archangelsky (1846-1924)

The Collect of the Day

Celebrant The Lord be with you. **People** And also with you.

Celebrant Let us pray. Almighty God, whose blessed Son was led by the Spirit to be tempted

by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Ho-

ly Spirit, one God, now and for ever. Amen.

Please be seated.

The First Lesson Genesis 9:8-17

1<sup>st</sup> Reader A reading from the second book of Genesis.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

1st Reader The Word of the Lord. **People Thanks be to God.** 

The Response

Psalm 25:1-9

Ad te, Domine, levavi

Reader

Let us read from Psalm 25 responsively (the People reading the text in **bold**).

Refrain

## To You, O Lord, I Lift My Soul

Ps. 25, adapt David Haas





Words: The English translation of the refrain text from the "Lectionary for Mass, " Copyright © 1969, 1981. Music: "Veni, Veni, Emmanuel," adapt. David Haas, Copyright © 1997by GIA Publications, Inc.

1 To you, O Lord, I lift up my soul;

my God, I put my trust in you; \*

let me not be humiliated,

nor let my enemies triumph over me.

2 Let none who look to you be put to shame; \*

let the treacherous be disappointed in their schemes.

3 Show me your ways, O Lord, \*

and teach me your paths.

Refrain

4 Lead me in your truth and teach me, \*

for you are the God of my salvation; in you have I trusted all the day long.

5 Remember, O Lord, your compassion and love, \*

for they are from everlasting.

6 Remember not the sins of my youth and my transgressions; \*

remember me according to your love

and for the sake of your goodness, O Lord.

Refrain

7 Gracious and upright is the Lord; \*

therefore he teaches sinners in his way.

8 He guides the humble in doing right \*

and teaches his way to the lowly.

9 All the paths of the Lord are love and faithfulness \*

to those who keep his covenant and his testimonies. Refrain

The Second Lesson 1 Peter 3:18-22

2<sup>nd</sup> Reader A Reading from the first epistle of Peter.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal

of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

2<sup>nd</sup> Reader The Word of the Lord. **People Thanks be to God.** 

Please stand as able, and join in singing,



Words: Att. Gregory the Great (540-604). Music: "Bourbon," melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938)

Please remain standing, as able, for the reading of the Gospel

The Holy Gospel Mark 1:9-15

Deacon The Holy Gospel ♥ of our Lord Jesus Christ according to Mark.

People Glory to you, Lord Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Deacon The Gospel of the Lord. **People Praise to you, Lord Christ.** 

Please be seated for,

The Sermon The Rev. Jason Shelby
There will be a moment of silence for reflection following the sermon.
Please stand as able, and join in saying,

#### The Nicene Creed

All We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made.

For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made human.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried.

On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is worshiped and glorified, who has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen.

Please remain standing, as able, for

The Prayers of the People (the People read the responses in **bold**)

Deacon Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth,

live together in your love, and reveal your glory in the world.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Deacon Guide the people of this land, and of all the nations, in the ways of justice and peace;

that we may honor one another and serve the common good.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Deacon Give us all a reverence for the earth as your own creation, that we may use its re

sources rightly in the service of others and to your honor and glory.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Silence

Deacon Bless all whose lives are closely linked with ours, and grant that we may serve Christ

in them, and love one another as he loves us.

Deacon Lord, in your mercy **People Hear our prayer.** 

Silence

Deacon Comfort and heal all those who suffer in body, mind, or spirit; give them courage

and hope in their troubles, and bring them the joy of your salvation.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Deacon We commend to your mercy all who have died, that your will for them may be ful-

filled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Celebrant: Hasten, O Father, the coming of thy kingdom; and grant that we thy servants, who

now live by faith, may with joy behold thy Son at his coming in glorious majesty;

even Jesus Christ, our only Mediator and Advocate. Amen.

Please kneel, as able,

The Confession of Sin

Deacon Let us confess our sins against God and our neighbor.

All Most merciful God,

we confess that we have sinned against you

in thought, word, and deed, by what we have done,

and by what we have left undone.

We have not loved you with our whole heart; we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will,

and walk in your ways,

to the glory of your Name. Amen.

### The Absolution

Celebrant Almighty God have mercy № on you, forgive you all your sins through our Lord

Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit

keep you in eternal life. **Amen**.

Please stand, as able,

The Peace

Celebrant The peace of the Lord be always with you.

People And also with you.

Ministers and People exchange signs of peace in the name of the Lord.

Please be seated.

Welcome, Announcements

Anyone who has a birthday or anniversary in the next week is invited to come forward for a blessing:

All

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may the peace which passes all understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

The Holy Communion

Come, if you are lonely, my door is open wide.

All of you are welcome, come and step inside.

Enter with my blessing, no-one is denied.

Come, sit at my table, come, sit by my side.

Come, if you are thirsty, I will pour the wine.

If you hunger, take this bread, sit with me and dine.

Every weary traveler, every troubled soul,

Rest for just a moment and leave the table whole.

The feast I spread before you, the cup that we will share,

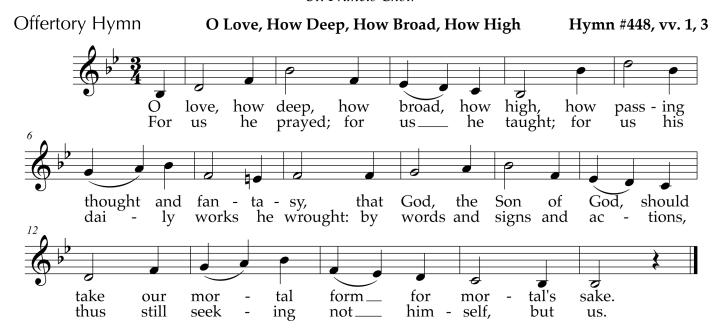
The bread we'll break together, I've lovingly prepared.

Come, if you are thirsty, I will pour the wine.

If you hunger, take this bread, sit with me and dine.

Rest for just a moment and leave the table whole.

St. Francis Choir



Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt.

Music: "Deus tuorum militum," from "Antiphoner," 1753; adapt. "The English Hymnal," 1906; alt.; harm. after Basil Harwood (1859-1949)

Please stand, as able, for,

# The Great Thanksgiving

Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

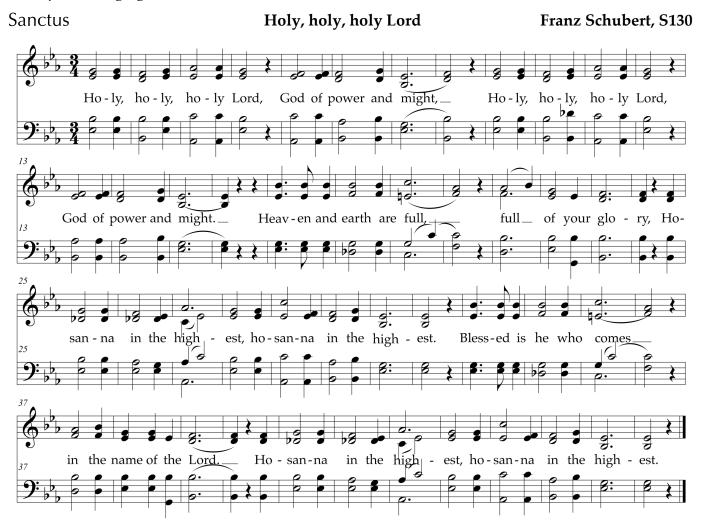
Celebrant Let us give thanks to the Lord our God. **People** It is right to give him thanks and praise.

It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing:

Please join in singing,



Music: from "Deutsche Mass," Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

*Please kneel or stand, as able, as the Celebrant continues.* 

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

All We Praise you, we bless you, we give thanks to you, and we pray to you, Lord our God.

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

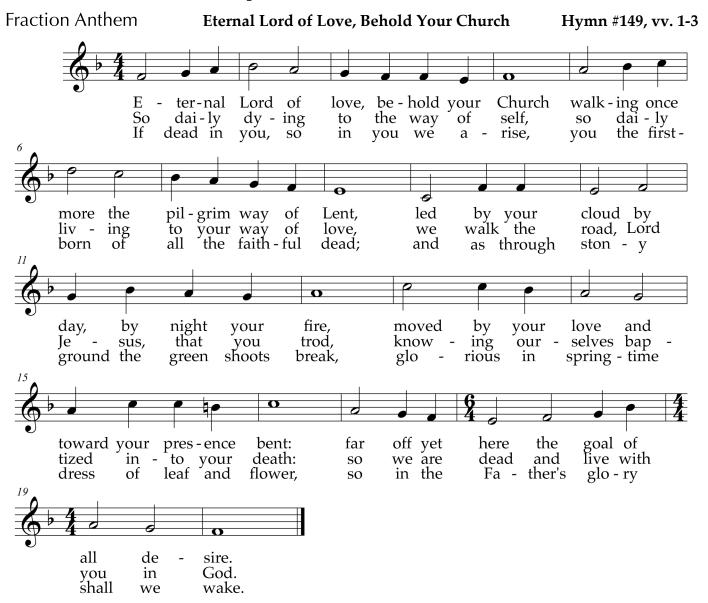
Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. **Amen.** 

# The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept.

Celebrant Christ our Passover is sacrificed for us;

Therefore let us keep the feast.



Words: Thomas H. Cain (b. 1931). Music: "Old 124th," melody "Pseaumes octante trois de David," 1551; harm. Charles Winfred Douglas (1867-1944).

#### The Invitation

Celebrant The gifts of God for the people of God, Holy gifts, for Holy people.

For our online community—an invitation to pray together the spiritual communion prayer from the National Cathedral. A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

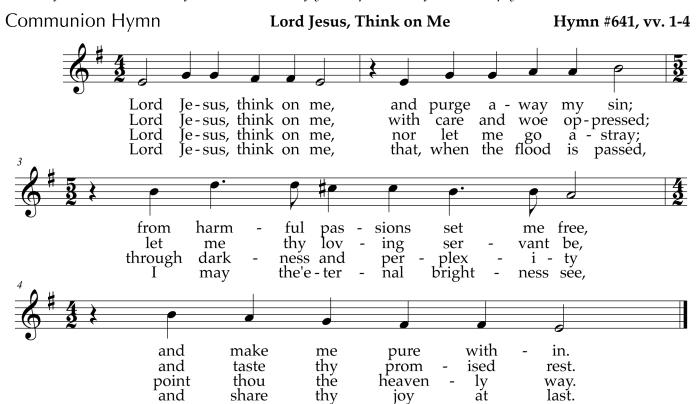
My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

(St. Alphonsus de Liguori, 1696-1787)

If you have come with a particular prayer concern today, after receiving Communion you may come to the Nason Prayer Chapel to the right of the altar rail where someone will also be available to pray with you, or you may just choose to light a candle.

# The Communion of the People

All are invited to receive Holy Communion. Please follow the directions of the ushers. If you do not wish to receive, we encourage you to come forward to receive a blessing. Simply fold your hands across your chest when you come forward. The clergy will carry Communion to anyone in the congregation who is unable to come forward. Please notify an usher if you wish Communion to be brought to you. Gluten-free Communion wafers are available. If you require one of these, simply ask.



Words: Synesius of Cyrene (375?-414?); tr. Allen William Chatfield (1808-1896), alt. Music: "Southwell', from "Daman's Psalter", 1579; adapt. "Hymnal, 1982".

Please kneel or stand, as able for,

The Post Communion Prayer

Celebrant Let us pray.

All

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

## The Blessing

Celebrant

Go forth into the world in peace. Be of good courage, Hold fast to that which is good. Render to no one evil for evil. Strengthen the fainthearted, support the weak, help the afflicted. Honor all persons.

Love and serve the lord, rejoicing in the power of the Spirit. And, the blessing of God Almighty, The ♣ Father, The Son, and The Holy Spirit be with you always.

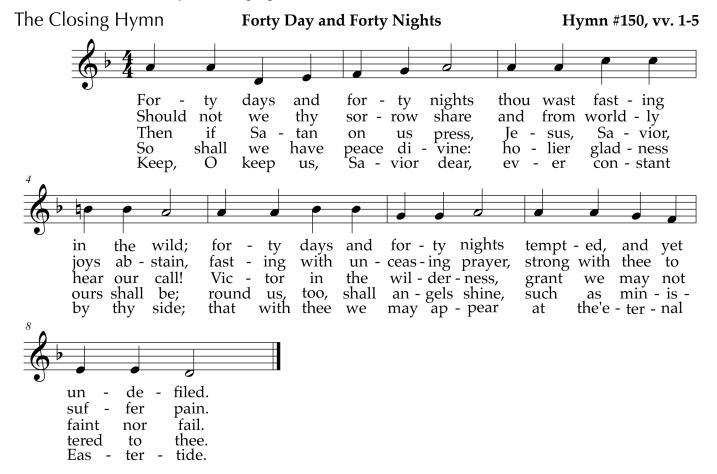
#### All Amen.

The Sending Forth

Deacon Let us go forth in the name of Christ.

People Thanks be to God!

Please stand, as able, and join in singing



Words: George Hunt Smyttan (1822-1870), alt. Music: "Aus der Tiefe rufe ich", melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

Postlude: "Joyful, Joyful" Beethoven/arr. Melvyn Warren The Postlude and Prelude have been chosen in recognition of Black History Month.

# Welcome!!

We warmly welcome you if you are here with us for the first time today. We joyfully welcome *all* people into our community – without exception. Whoever you are, and whatever the status of your relationship with God, you will find fellow travelers here.

Please join us for coffee fellowship after the service.

The Ushers will direct you.

## Prayers this Week

We pray for all those who serve in the armed and foreign services, and for their families, especially Thomas, Drew Deley, Michael Heredia, Mark Kappelmann, Joseph Leahy, TJ Malzahn, Will Piepenbring, Scott Ruston, Michael Strong, Barry Witt, Jonathan Zimmerman and Steve.

Those who are ill, recovering from surgery, or in any other kind of need or trouble:
Andrea, Christa, Julia Dawson, Jean Dicus, Daniel Dreiling, Pauline Duley, Ceri Falk,
Colette Furbush, Chris Goldsmith, George Ginis, Hannah, Sally Hill, Loren, Mick Mohuchy,
Judy Morgan, Patt Parker, Bruce Schaefer, Roxanne Wall, and for the people of the middle
east, and victims of violence everywhere.

We pray for all who have died, that they may have a place in your eternal kingdom.

# What's Happening!

### SAGES - Feb 20th, 11:30am

Welcome Richard Downie as our guest speaker talk about his role in the World Affairs Council of Orange County. RSVP with Kristina Pelá if you're interested in attending, 310-941-2498.

# PVEPD Safety Preparedness Presentation — Feb 25th, 11:30am in the Parish Hall

We invite everyone to sit in on this presentation about safety by the PVE Police Department. Please RSVP with Claire at 310-375-4517.

# TAIZÉ - Feb 27th, 7pm Service & Reception

Take some time during Lent to savor the peace and quiet of this contemplative service.

# Lenten Dinners -2/21, 2/28, 3/06, 3/13 6pm

From Aspergilums to John the Baptist, a journey through time; 3/20 Seder Meal, presented by Bob Rothman from Congregation Ner Tamid.

# Ongoing

**Bible Study on Zoom**—Contacts: Jack Hailwood, *john.w.hailwood@outlook.com* or Suellen Eslinger, *suellenesl@verizon.net* 

Yoga

Mondays from 11:00am –1:00pm - All Levels Hatha Yoga for Strength and Mobility. Wednesdays 9:00-10:30am All Levels Gentle Yoga for Vital Mobility and Balance. (free-will offering).

Contact: Jill Lynch—jillfenskelynch@gmail.com

AA—Thursdays & Sundays 7:30 pm, Al-Anon—Thursdays 7:00pm

# Our Clergy

The Rev. Jason Shelby, Rector, jason.shelby@stfrancispalosverdes.org

Direct Line: (310) 594-7984, Church Office: (310) 375-4617

The Rev. Celeste Stump, Deacon, Chaplain at The Canterbury, cstump@thecanterbury.org

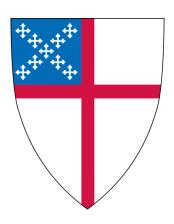
Direct Line: (310) 913-1069

Children and families

Contact: Kristina Pelá, krab3@yahoo.com

#### Our Staff

**Dr. Mark Bennett**, (310) 594-7416, *mark.bennett@stfrancispalosverdes.org*, Director of Music **Mrs. Elaine Mistele**, (310) 594-8268, *elaine.mistele@stfrancispalosverdes.org*, Business Manager **Ms. Claire Erbeznik**, (310) 375 4617, *claire.erbeznik@strancispalosverdes.org*, Office Administrator & Receptionist **Mr. David Knight**, Organist **Mr. Joel Miranda**, Sexton





Scan the code to join our electronic mailing list.







St Francis Episcopal Church, 2200 Via Rosa, Palos Verdes, CA 90274, 310 375-4617. www.stfrancispalosverdes.org